

My Ideal Day: Natalie & Aran

My ideal day would begin with a nice, filling breakfast. Normally I am rushed and very stressed to go to school, and get all of my tennis bags, lunch, and backpack ready. Instead of this, my ideal day would be stress-free and would include me having enough time to enjoy a long breakfast with some yummy buckwheat pancakes! At the beginning of my days, I am usually exhausted from a lack of sleep due to tennis or homework, so I would take some time at the beginning of my ideal day to stretch and relax.

I would want to spend my day not focusing on school, and instead doing the activities that I enjoy best, such as painting, sketching, or hiking! I would do this with my brother, who is my favorite person! I might additionally hang out with my close friends, but my ideal day would also include a lot of alone time to reset. I would enjoy sketching scenes from places that I have been, such as Turkey or Norway, and paint my family in the pictures. If I went hiking later in the day, I would enjoy going to Edgewood Park or Big Canyon, which are both parks very near my house that I can walk to. One of my favorite hobbies is taking pictures of wildflowers and later using identification apps to identify the species I found, so I would enjoy doing this in the parks. This means that my ideal day would most likely be in the spring because that is when all of the trees and flowers are blooming!

Being able to have a day to just relax and reset my mind would make me feel much less stressed and would let me take a break from school and my demanding extracurriculars.

*What intersections did you discover? What made you happiest during your day? What are three small steps you can take right now to begin to bring this ideal day to life, even in a tiny way?*

I discovered that taking a break from school and having enough time to relax and sleep in made me the happiest. Right now, I can reduce my procrastination so that I have more time to sleep, relax a little bit when it comes to school, and I can go outside and take more walks, even if they are only short ones, to help bring this ideal day to life.

A hike outside! Feeling stress-free and relaxed! :)



Instagram:

